



STATE OF MARYLAND

**DHMH**

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Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

## **\* \* \* Fact Sheet \* \* \***

# **Driving Tips for Extreme Cold Weather**

The Maryland Department of Health and Mental Hygiene (DHMH) encourages drivers to prepare and adequately stock your vehicle when travelling during extreme cold weather and when severe winter storms are forecast. Here are some tips:

### **Stock your vehicle**

Make sure your vehicle is stocked with:

- Rechargeable flashlight
- Cell phone and car adapter
- Extra food and water
- Flares
- Tools: jack, lug wrench, shovel
- Road maps
- Blanket/sleeping bag(s)
- Extra warm clothes, boots, hat and gloves
- First aid kit
- Pocket knife
- Matches or lighter
- Battery jumper cables
- Ice scraper and snow brush
- Paper towels
- Extra washer fluid
- Chains or traction tires
- Small snow shovel
- Kitty litter for tire traction

### **Traffic Delays**

If you are stuck in a traffic jam or your car becomes disabled, stay with the vehicle. Run your engine and heater for short intervals. "Crack" a window in the vehicle to avoid carbon monoxide build-up.

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Listen to your radio for updated traffic and emergency information.

Drink fluids to avoid dehydration.

For more information on public health and emergency preparedness, click on the DHMH web site at: [www.dhmh.state.md.us](http://www.dhmh.state.md.us).

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Rev. 11-30-11